

## **ABSTRACT OF THE DISCLOSURE**

A method and system for performing intermittent male catheterization by a patient, a patient's caregiver, or a health care provider are revealed. The system contains apparatus for at least one intermittent male catheterization and includes at least one male catheter, antibacterial soap, a lubricant, step-  
5 by step-instructions, and a container, where the above named items are positioned inside the container. The method includes self-care documentation for a medical professional to instruct a user in the use of the system and to keep a record that the instruction of the patient was performed.